



BIOTERRORISM FACTS: *How to prepare and protect yourself in San Diego*

WHAT IS BIOTERRORISM?

The intentional or threatened use of viruses, bacteria, fungi, or toxins from living organisms to produce death or disease in humans, animals, or plants.



IS SAN DIEGO PREPARED?

The Health Department and emergency response teams are well prepared to respond to threats of bioterrorism. Advanced communication networks have been established in order to promote efficient and rapid contact among federal, state, and local governments as well as with emergency response teams and health care providers.



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BIOTERRORISM PREPAREDNESS

IN SAN DIEGO COUNTY



HOW TO PREPARE FOR A BIOTERRORIST ATTACK

There is no extra preparation required. Just plan as you would for any emergency, such as a fire or earthquake

1. Design an escape plan for work and home. Include multiple routes for escape, and a common meeting place. Ensure that the plan is well known by family, peers, and/or co-workers.



2. Have emergency contacts posted and readily available.

Include numbers for:

- Family physicians
- Veterinarian
- Local health department
- A friend or family member who can be an out-of-area contact through whom family members can relay information during a disaster

WHAT TO PUT IN AN EMERGENCY KIT

- At least a 3 day supply of water
- Food that can be stored for long periods (if canned, include can opener)
- One blanket or sleeping bag per person
- A first aid kit that includes prescribed medications (if needed)
- Battery-powered radio
- Flashlight
- Plenty of extra batteries
- Extra set of car keys
- A credit card, cash, or traveler's checks
- Sanitation supplies
- Special items for infant, elderly or disabled family members
- Keep important family documents in a waterproof container
- Keep a smaller kit in the trunk of your car

WHAT CAN I DO TO HELP?

- Complete CPR and First Aid training
- Enhance surveillance in the community. Keep an eye out for suspicious people or events and report them to proper authorities (Police, FBI, Health Department, etc.)



DO NOT CALL 911 UNLESS IT IS A SERIOUS EMERGENCY!!

USEFUL NUMBERS & RESOURCES

Red cross: www.redcross.org

Centers for Disease Control: www.cdc.gov

1-888-246-2675

Vaccine info. Hotline: 1-800-600-9594

Division of Community Epidemiology (Health-related questions): 619-515-6620

Crisis Intervention: 1-800-550-5234

REPORT ANY UNUSUAL OR SUSPICIOUS DISEASE TO: Office of Disaster Preparedness: 1-858-569-3940